

In-person Social Activities & Outings are back!

We are excited to resume in-person activities, in accordance with public health guidelines. All events will be held outdoors, and social distancing and masks are strongly encouraged.



- **Music Centered Wellness**, every 1st & 3rd Friday @ 10 AM
- **Movement & Motion**, every 2nd & 4th Friday @ 10 AM
- **BaseALZ Reminiscence Therapy**, every 4th Wednesday @ 10 AM
- **Connections Outing:** Helen Woodward Pet Encounter Therapy, every 2nd Thursday @ 10 AM (*pre-registration required*)
- **Connections Outing:** Locations across San Diego County, every 4th Thursday @ 10 AM (*pre-registration required*)

Learn more & register: www.alzsd.org/social | 858.492.4400

Alzheimer's
ORANGE COUNTY

Educación Comunitaria en Español

Únase a nuestros amigos de Alzheimer's Orange County para los próximos seminarios web en español. Las clases se llevarán a cabo usando Facebook Live o Zoom, y la asistencia es gratuita. **Para obtener más información, visite www.alzoc.org/spanish o llame al 949.757.3755.** Para recursos locales en el Condado de San Diego, llame a Alzheimer's San Diego al 858.492.4400.

El Beneficio de la Música Para el Cerebro

Lunes, 12 de julio | 10:30-11:15 AM | Facebook

Antes y Después de COVID-19, Como Manejar mi Vida

Martes, 13 de julio | 11-11:45 AM | Zoom

La Risa es la Mejor Medicina

Lunes, 26 de julio | 10-11:15 AM | Facebook

Ejercite su Cerebro, Dos Partes

Parte 1: Lunes, 2 de agosto | 10:30-11:15 AM | Facebook

Parte 2: Lunes, 30 de agosto | 10:30-11:15 AM | Facebook

¿Que es la Perdida de la Memoria?

Lunes, 13 de septiembre | 10:30-11:30 AM | Facebook

Seguridad en el Hogar

Lunes, 27 de septiembre | 10:30-11:30 AM | Facebook

Research Corner

You can help find a cure for Alzheimer's. San Diego County is home to many groundbreaking clinical trials. Please consider giving the gift of your time and signing up for this important local research.

Sharp Mesa Vista Hospital Clinical Research

858-836-8350 | sharp.com/clinicaltrials

Excell Research

760-758-2222 | excellresearch.com

The Research Center of Southern California

760-732-0557 | neurocenter.com

USC Alzheimer's Therapeutic Research Institute

858-964-4644 | keck.usc.edu/atri

Alzheimer's
SAN DIEGO

CALL US AT 858.492.4400 | VISIT US AT ALZSD.ORG

858.492.4400 | www.alzsd.org

Register + learn more:

July-September 2021

ONLINE EDUCATION
CALENDAR

Brain Health for All
Alzheimer's | SAN DIEGO

Non Profit Org.
US Postage
PAID
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San Diego, CA

6632 Conroy Court
San Diego, CA 92111
858.492.4400
Alzheimer's
SAN DIEGO
Brain Health for All

July-September 2021

To sign up for these free webinars, visit www.alzsd.org/classes or call 858.492.4400. Pre-registration is required. Be sure to check out our online education calendar for additions and updates. Los programas de educación en español están disponibles a pedido.

Getting Started – Open to all attendees

STARTING AUGUST: Take Charge!

This is a 5-week, interactive program for people living with a new diagnosis and their care partners. Topics in this series will include:

- Week 1: Adjusting to a new normal
- Week 2: Understanding the changing brain
- Week 3: Partnering with your health providers
- Week 4: Quality of life
- Week 5: Planning for next steps & the future

The next session begins August 2021 and will be held using Zoom. **Please call 858.492.4400 for a brief screening to enroll.**



Drop-In Education Hours

Tuesday, July 20th | 4-5 PM

Tuesday, August 24th | 11:30 AM-12:30 PM

Have you watched or attended one of our education webinars, and still have unanswered questions? Join us for an unstructured, open-ended hour with the Alzheimer's San Diego dementia education team! Bring your questions about symptoms, diagnosis, treatments, or caregiving techniques, and let's have a conversation.



Check out our Webinar Library

Watch recordings of previous education programs anytime, anywhere in our Webinar Library at www.alzsd.org/classes. Our library includes the following topics:

- Dementia 101
- Living with Memory Loss
- Maintaining Your Brain Health
- Care Options: Living at Home
- After the Move to Memory Care
- Legal & Financial Basics
- Safety at Home
- Communication Skills
- Managing Resistance
- Caregiver Skills Clinics on:
 - ✓ Meals & Eating
 - ✓ Using Movement & Motion for Quality of Life
- Care in the Late Stage
- Preparing for a Good End: Hospice, Palliative, and End-of-Life Care

Planning – Open to all attendees

Care Options: Residential Placement Wednesday, July 7th | 10-11:30 AM

Whether you're looking at placement options now or planning ahead, learn about the different types of residential settings (including assisted living, memory care, and skilled nursing facilities), what they cost, and how to choose what's best for your situation.

Driving & Memory Loss Presented with ElderHelp of San Diego Thursday, July 15th | 11 AM-12 PM

Learn about physical and cognitive changes, how to evaluate driver safety, local transportation resources, and tips for having difficult conversations about driving.

All online classes and programs are FREE, thanks to our generous sponsors: Alpine View Lodge, A.M. Ortega, AVIVV, Cordoba Corporation, Home Instead, ICON Utility Services, Jingoli Power, Meruelo Enterprises Inc, Par Electric, Patriot General, SDG&E, Sharp Mesa Vista Hospital, Southland Electric Inc, Stellar Care & Sun Garden Terrace

Caregiving – Specifically for care partners

Caregiver Well-Being: Mindfulness, Movement & Managing Your Mood Presented in partnership with Sharp Healthcare Wednesday, August 4th | 10 AM-12 PM

If you find yourself neglecting your own health and well-being while caring for a person living with dementia, join us to learn everyday strategies that can help. Featuring guest presenter Michael Plopper, MD from Sharp Mesa Vista Clinical Research Center.

Long-Distance Caregiving Saturday, August 14th | 9-10:30 AM

Caring for someone living with dementia from afar presents its own unique challenges. Join us to discuss ways to stay in touch, stay informed, and be a helpful partner and a support.

★ SPECIAL EVENT – Confessions of a Caregiver: Relationships & Intimacy Wednesday, September 8th | 10 AM-12 PM

Join us for an open and honest discussion about the challenges of loving and caring for a person living with dementia. Your questions will be answered by a panel of family caregivers who understand what you're going through. They will share their tips for handling tough situations, getting through the difficult days, and enjoying moments of connection. This session will focus on issues of relationships and intimacy, and all care partners are welcome to attend.

Coping with Personality & Behavior Changes Wednesday, September 1st | 4-5:30 PM

Learn why people with Alzheimer's disease and other dementias experience behavior and personality changes, what those changes mean, and how to respond.

Skills Clinic: Bathing & Hygiene Tuesday, September 14th | 1-2:30 PM

Skills Clinics provide family care partners with the same hands-on training as professional caregivers. In this special workshop, you will learn ideas and techniques for bathing, showering, and other personal care.